

What is claimed is:

1. A method for repeatedly delivering data to a users computer having at least two databases with each database having a user computer database location, the method comprising the steps of:

- (a) providing a menu of available data to be delivered from an automated data delivery system that includes a selection list of available predetermined specifications for delivering data automatically wherein at least one of the predetermined specifications for delivering data allows the user to specify at least one of the user computer database locations for the data to be delivered;
- (b) receiving a user's selection of data to be delivered from the automated data delivery system to the users computer based on the menu of available data;
- (c) receiving a user's selection of at least one set of predetermined data delivery specifications; and
- (d) outputting, automatically and repeatedly, the data identified by the user's selection to the users computer based on the at least one set of predetermined data delivery specifications.

2. The method of claim 1, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

3. The method of claim 2, wherein the automated data delivery system is remote from the users computer.

4. The method of claim 3, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into a browser program.

5. The method of claim 4, wherein at least one of the predetermined data delivery specifications checked by the automatic data reception and verification program is a password.

6. The method of claim 2, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into an application program.

7. The method of claim 1, wherein step (a) is further defined as providing the menu of available data automatically to the users

computer upon receipt of a user's selection of an automated data delivery application program icon.

8. The method of claim 7, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

9. The method of claim 8, further comprising the steps of:  
receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

10. The method of claim 1, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

11. The method of claim 10, further comprising the steps of:  
receiving, by the user's computer, the data identified by the  
user's selection; and

checking, automatically, at least one of the predetermined data  
delivery specifications with an automatic data reception  
and verification program each time data is delivered.

12. The method of claim 1, wherein step (d) is defined further  
as outputting, automatically and repeatedly, the data identified by the  
user's selection at specified times selected by the user and identified  
by the at least one set of predetermined data delivery specifications.

13. The method of claim 12, further comprising the steps of:  
receiving, by the user's computer, the data identified by the  
user's selection; and

checking, automatically, at least one of the predetermined data  
delivery specifications with an automatic data reception  
and verification program each time data is delivered.

14. The method of claim 1, wherein step (d) is defined further  
as outputting, automatically and repeatedly, the data identified by the  
user's selection via a communication protocol specified by the user  
and identified by the at least one set of predetermined data delivery  
specifications.

15. The method of claim 14, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

16. The method of claim 1, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

17. The method of claim 16, further comprising the steps of:  
receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

18. The method of claim 16, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer

and identified by the at least one set of predetermined data delivery specifications.

19. The method of claim 18, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

20. The method of claim 18, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

21. The method of claim 20, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

22. The method of claim 20, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the

user and identified by the at least one set of predetermined data delivery specifications.

23. The method of claim 22, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

24. A method for repeatedly delivering data to a users computer from a website established on the Internet, the method comprising the steps of:

- (a) providing, by the website, a menu of available data to be delivered from an automated data delivery system that includes a selection list of available predetermined specifications for delivering data automatically wherein at least one of the predetermined specifications for delivering data allows the user to specify at least one of the user computer database locations for the data to be delivered;
- (b) receiving, by the website, a user's selection of data to be delivered from the automated data delivery system to the users computer based on the menu of available data;

- (c) receiving, by the website, a user's selection of at least one set of predetermined data delivery specifications including terms of payment for the delivery of data;
- (d) outputting, automatically and repeatedly, the data identified by the user's selection to the users computer based on the at least one set of predetermined data delivery specifications.

25. The method of claim 24, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

26. The method of claim 25, wherein the automated data delivery system is remote from the users computer.

27. The method of claim 26, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into a browser program.



28. The method of claim 27, wherein at least one of the predetermined data delivery specifications checked by the automatic data reception and verification program is a password.

29. The method of claim 25, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into an application program.

30. The method of claim 24, wherein step (a) is further defined as providing the menu of available data automatically to the users computer upon receipt of a user's selection of an automated data delivery application program icon.

31. The method of claim 30, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

32. The method of claim 31, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

33. The method of claim 24, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

34. The method of claim 33, further comprising the steps of:  
receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

35. The method of claim 24, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

36. The method of claim 35, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

37. The method of claim 24, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

38. The method of claim 37, further comprising the steps of:  
receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

39. The method of claim 24, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly,

the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

40. The method of claim 35, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

41. The method of claim 35, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

42. The method of claim 41, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

43. The method of claim 41, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and

identified by the at least one set of predetermined data delivery specifications.

44. The method of claim 43, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

45. The method of claim 43, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

46. The method of claim 45, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

47. A method for repeatedly delivering data to a users computer having at least two databases with each database having a

user computer database location, the method comprising the steps of:

- (a) providing, electronically, a menu of available data to be delivered from an automated data delivery system that includes a selection list of available predetermined specifications for delivering data automatically wherein at least one of the predetermined specifications for delivering data allows the user to specify at least one of the user computer database locations for the data to be delivered;
- (b) receiving, electronically, a user's selection of data to be delivered from the automated data delivery system to the users computer based on the menu of available data;
- (c) receiving, electronically, a user's selection of at least one set of predetermined data delivery specifications; and
- (d) outputting, automatically and repeatedly, the data identified by the user's selection to the users computer based on the at least one set of predetermined data delivery specifications.

48. The method of claim 47, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

49. The method of claim 48, wherein the automated data delivery system is remote from the users computer.

50. The method of claim 49, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into a browser program.

51. The method of claim 50, wherein at least one of the predetermined data delivery specifications checked by the automatic data reception and verification program is a password.

52. The method of claim 48, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into an application program.

53. The method of claim 47, wherein step (a) is further defined as providing the menu of available data automatically to the users computer upon receipt of a user's selection of an automated data delivery application program icon.

54. The method of claim 53, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

55. The method of claim 54, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

56. The method of claim 47, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

57. The method of claim 56, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and



checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

58. The method of claim 47, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

59. The method of claim 58, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

60. The method of claim 47, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

61. The method of claim 60, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

62. The method of claim 47, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

63. The method of claim 62, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

64. The method of claim 62, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

65. The method of claim 64, further comprising the steps of:  
 receiving, by the user's computer, the data identified by the  
 user's selection; and  
 checking, automatically, at least one of the predetermined data  
 delivery specifications with an automatic data reception  
 and verification program each time data is delivered.

66. The method of claim 64, wherein step (d) is defined  
 further as outputting, automatically and repeatedly, the data identified  
 by the user's selection at specified times selected by the user and  
 identified by the at least one set of predetermined data delivery  
 specifications.

67. The method of claim 66, further comprising the steps of:  
 receiving, by the user's computer, the data identified by the  
 user's selection; and  
 checking, automatically, at least one of the predetermined data  
 delivery specifications with an automatic data reception  
 and verification program each time data is delivered.

68. The method of claim 66, wherein step (d) is defined  
 further as outputting, automatically and repeatedly, the data identified  
 by the user's selection via a communication protocol specified by the  
 user and identified by the at least one set of predetermined data  
 delivery specifications.

69. The method of claim 68, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

70. A method for repeatedly delivering data to a users computer from a website established on the Internet, the method comprising the steps of:

- (a) providing, electronically by the website, a menu of available data to be delivered from an automated data delivery system that includes a selection list of available predetermined specifications for delivering data automatically wherein at least one of the predetermined specifications for delivering data allows the user to specify at least one of the user computer database locations for the data to be delivered;
- (b) receiving, electronically by the website, a user's selection of data to be delivered from the automated data delivery system to the users computer based on the menu of available data;
- (c) receiving, electronically by the website, a user's selection of at least one set of predetermined data delivery

specifications including terms of payment for the delivery of data; and

- (d) outputting, electronically, automatically and repeatedly, the data identified by the user's selection to the users computer based on the at least one set of predetermined data delivery specifications.

71. The method of claim 70, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

72. The method of claim 71, wherein the automated data delivery system is remote from the users computer.

73. The method of claim 72, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into a browser program.

74. The method of claim 73, wherein at least one of the predetermined data delivery specifications checked by the automatic data reception and verification program is a password.

75. The method of claim 71, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into an application program.

76. The method of claim 70, wherein step (a) is further defined as providing the menu of available data automatically to the users computer upon receipt of a user's selection of an automated data delivery application program icon.

77. The method of claim 76, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

78. The method of claim 77, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

79. The method of claim 70, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

80. The method of claim 79, further comprising the steps of:  
receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

81. The method of claim 70, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

82. The method of claim 81, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

83. The method of claim 70, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

84. The method of claim 83, further comprising the steps of:  
receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

85. The method of claim 70, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly,



the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

86. The method of claim 81, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

87. The method of claim 81, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

88. The method of claim 87, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

89. The method of claim 87, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and

identified by the at least one set of predetermined data delivery specifications.

90. The method of claim 89, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

91. The method of claim 89, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

92. The method of claim 91, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

93. A method for repeatedly delivering data to a users computer having at least two databases with each database having a

user computer database location, the method comprising the steps of:

- (a) providing a menu of available data to be delivered from an automated data delivery system that includes a selection list of available predetermined specifications for delivering data automatically wherein at least one of the predetermined specifications for delivering data allows the user to specify the format for the data to be delivered;
- (b) receiving a user's selection of data to be delivered from the automated data delivery system to the users computer based on the menu of available data;
- (c) receiving a user's selection of at least one set of predetermined data delivery specifications; and
- (d) outputting, automatically and repeatedly, the data identified by the user's selection to the users computer based on the at least one set of predetermined data delivery specifications.

94. The method of claim 93, further comprising the steps of: receiving, by the user's computer, the data identified by the user's selection; and checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

95. The method of claim 94, wherein the automated data delivery system is remote from the users computer.

96. The method of claim 95, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into a browser program.

97. The method of claim 96, wherein at least one of the predetermined data delivery specifications checked by the automatic data reception and verification program is a password.

98. The method of claim 94, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into an application program.

99. The method of claim 93, wherein step (a) is further defined as providing the menu of available data automatically to the users computer upon receipt of a user's selection of an automated data delivery application program icon.

100. The method of claim 99, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

101. The method of claim 100, further comprising the steps of:

- receiving, by the user's computer, the data identified by the user's selection; and
- checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

102. The method of claim 10, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

103. The method of claim 102, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

104. The method of claim 93, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

105. The method of claim 104, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

106. The method of claim 93, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

107. The method of claim 106, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

108. The method of claim 93, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

109. The method of claim 108, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

110. The method of claim 108, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

111. The method of claim 110, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

112. The method of claim 110, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

113. The method of claim 112, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and



checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

114. The method of claim 112, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

115. The method of claim 114, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

116. A method for repeatedly delivering data to a users computer from a website established on the Internet, the method comprising the steps of:

(a) providing, by the website, a menu of available data to be delivered from an automated data delivery system that includes a selection list of available predetermined specifications for delivering data automatically wherein at

least one of the predetermined specifications for delivering data allows the user to specify the format for the data to be delivered;

- (b) receiving, by the website, a user's selection of data to be delivered from the automated data delivery system to the users computer based on the menu of available data;
- (c) receiving, by the website, a user's selection of at least one set of predetermined data delivery specifications including terms of payment for the delivery of data; and
- (d) outputting, automatically and repeatedly, the data identified by the user's selection to the users computer based on the at least one set of predetermined data delivery specifications.

117. The method of claim 116, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

118. The method of claim 117, wherein the automated data delivery system is remote from the users computer.

119. The method of claim 118, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into a browser program.

120. The method of claim 119, wherein at least one of the predetermined data delivery specifications checked by the automatic data reception and verification program is a password.

121. The method of claim 117, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into an application program.

122. The method of claim 116, wherein step (a) is further defined as providing the menu of available data automatically to the users computer upon receipt of a user's selection of an automated data delivery application program icon.

123. The method of claim 122, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's

selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

124. The method of claim 123, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

125. The method of claim 116, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

126. The method of claim 125, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

127. The method of claim 116, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

128. The method of claim 127, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

129. The method of claim 116, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

130. The method of claim 129, further comprising the steps of:



by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

134. The method of claim 133, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

135. The method of claim 133, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

136. The method of claim 135, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

137. The method of claim 135, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

138. The method of claim 137, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

139. A method for repeatedly delivering data to a users computer having at least two databases with each database having a user computer database location, the method comprising the steps of:

- (a) providing a menu of available data to be delivered from an automated data delivery system that includes a selection list of available predetermined specifications for delivering data automatically wherein at least one of the predetermined specifications for delivering data allows the user to specify the time for the data to be delivered;



- (b) receiving a user's selection of data to be delivered from the automated data delivery system to the users computer based on the menu of available data;
- (c) receiving a user's selection of at least one set of predetermined data delivery specifications; and
- (d) outputting, automatically and repeatedly, the data identified by the user's selection to the users computer based on the at least one set of predetermined data delivery specifications.

140. The method of claim 139, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

141. The method of claim 140, wherein the automated data delivery system is remote from the users computer.

142. The method of claim 141, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification

program, the automatic data reception and verification program is incorporated into a browser program.

143. The method of claim 142, wherein at least one of the predetermined data delivery specifications checked by the automatic data reception and verification program is a password.

144. The method of claim 140, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into an application program.

145. The method of claim 139, wherein step (a) is further defined as providing the menu of available data automatically to the users computer upon receipt of a user's selection of an automated data delivery application program icon.

146. The method of claim 145, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly,

the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

147. The method of claim 146, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

148. The method of claim 139, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

149. The method of claim 148, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

150. The method of claim 139, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

151. The method of claim 150, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

152. The method of claim 139, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

153. The method of claim 152, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

154. The method of claim 139, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

155. The method of claim 154, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

156. The method of claim 154, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer

and identified by the at least one set of predetermined data delivery specifications.

157. The method of claim 156, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

158. The method of claim 156, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

159. The method of claim 158, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

160. The method of claim 158, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

161. The method of claim 160, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

162. A method for repeatedly delivering data to a users computer from a website established on the Internet, the method comprising the steps of:

- (a) providing, by the website, a menu of available data to be delivered from an automated data delivery system that includes a selection list of available predetermined specifications for delivering data automatically wherein at least one of the predetermined specifications for delivering data allows the user to specify the time for the data to be delivered;

- (b) receiving, by the website, a user's selection of data to be delivered from the automated data delivery system to the users computer based on the menu of available data;
- (c) receiving, by the website, a user's selection of at least one set of predetermined data delivery specifications including terms of payment for the delivery of data; and
- (d) outputting, automatically and repeatedly, the data identified by the user's selection to the users computer based on the at least one set of predetermined data delivery specifications.

163. The method of claim 162, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

164. The method of claim 163, wherein the automated data delivery system is remote from the users computer.

165. The method of claim 164, wherein in the step of checking, automatically, at least one of the predetermined data delivery



specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into a browser program.

166. The method of claim 165, wherein at least one of the predetermined data delivery specifications checked by the automatic data reception and verification program is a password.

167. The method of claim 163, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into an application program.

168. The method of claim 162, wherein step (a) is further defined as providing the menu of available data automatically to the users computer upon receipt of a user's selection of an automated data delivery application program icon.

169. The method of claim 168, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly,

the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

170. The method of claim 169, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

171. The method of claim 162, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

172. The method of claim 171, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

173. The method of claim 162, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

174. The method of claim 173, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

175. The method of claim 162, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

176. The method of claim 175, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

177. The method of claim 162, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

178. The method of claim 173, further comprising the steps of:  
receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

179. The method of claim 173, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer

and identified by the at least one set of predetermined data delivery specifications.

180. The method of claim 179, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

181. The method of claim 179, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

182. The method of claim 181, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

183. The method of claim 181, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

184. The method of claim 183, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

185. A method for repeatedly delivering data to a users computer having at least two databases with each database having a user computer database location, the method comprising the steps of:

- (a) providing a menu of available data to be delivered from an automated data delivery system that includes a selection list of available predetermined specifications for delivering data automatically wherein the predetermined specifications for delivering data allows the user to specify at least two specifications selected from a group comprising a time for the data to be delivered, a user

computer database location of the data to be delivered and the format of the data to be delivered;

- (b) receiving a user's selection of data to be delivered from the automated data delivery system to the users computer based on the menu of available data;
- (c) receiving a user's selection of at least one set of predetermined data delivery specifications; and
- (d) outputting, automatically and repeatedly, the data identified by the user's selection to the users computer based on the at least one set of predetermined data delivery specifications.

186. The method of claim 185, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

187. The method of claim 186, wherein the automated data delivery system is remote from the users computer.

188. The method of claim 187, wherein in the step of checking, automatically, at least one of the predetermined data delivery

specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into a browser program.

189. The method of claim 188, wherein at least one of the predetermined data delivery specifications checked by the automatic data reception and verification program is a password.

190. The method of claim 186, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into an application program.

191. The method of claim 185, wherein step (a) is further defined as providing the menu of available data automatically to the users computer upon receipt of a user's selection of an automated data delivery application program icon.

192. The method of claim 191, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly,



the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

193. The method of claim 192, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

194. The method of claim 185, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

195. The method of claim 194, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

196. The method of claim 185, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

197. The method of claim 196, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

198. The method of claim 185, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

199. The method of claim 198, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

200. The method of claim 185, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

201. The method of claim 200, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

202. The method of claim 200, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer

and identified by the at least one set of predetermined data delivery specifications.

203. The method of claim 202, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

204. The method of claim 202, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

205. The method of claim 204, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

206. The method of claim 204, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

207. The method of claim 206, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

208. A method for repeatedly delivering data to a users computer from a website established on the Internet, the method comprising the steps of:

- (a) providing, by the website, a menu of available data to be delivered from an automated data delivery system that includes a selection list of available predetermined specifications for delivering data automatically;
- (b) receiving, by the website, a user's selection of data to be delivered from the automated data delivery system to the users computer based on the menu of available data;

- (c) receiving, by the website, a user's selection of at least one set of predetermined data delivery specifications including terms of payment for the delivery of data;
- (d) outputting, automatically and repeatedly, the data identified by the user's selection to the users computer based on the at least one set of predetermined data delivery specifications.

209. The method of claim 208, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

210. The method of claim 209, wherein the automated data delivery system is remote from the users computer.

211. The method of claim 210, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into a browser program.

212. The method of claim 211, wherein at least one of the predetermined data delivery specifications checked by the automatic data reception and verification program is a password.

213. The method of claim 209, wherein in the step of checking, automatically, at least one of the predetermined data delivery specifications with the automatic data reception and verification program, the automatic data reception and verification program is incorporated into an application program.

214. The method of claim 208, wherein step (a) is further defined as providing the menu of available data automatically to the users computer upon receipt of a user's selection of an automated data delivery application program icon.

215. The method of claim 214, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

216. The method of claim 215, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

217. The method of claim 208, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

218. The method of claim 217, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

219. The method of claim 208, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and



identified by the at least one set of predetermined data delivery specifications.

220. The method of claim 219, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

221. The method of claim 208, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

222. The method of claim 221, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and

checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

223. The method of claim 208, wherein step (c) is further defined as providing a menu of predetermined data delivery specifications including at least two different data formats for delivering the data to the users computer and receiving the user's selection of at least one set of predetermined data delivery specifications including at least one of the data formats and wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection in the data format included in the predetermined data delivery specifications.

224. The method of claim 219, further comprising the steps of:

- receiving, by the user's computer, the data identified by the user's selection; and
- checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

225. The method of claim 219, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection to a data base location on the users computer and identified by the at least one set of predetermined data delivery specifications.

226. The method of claim 225, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

227. The method of claim 225, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection at specified times selected by the user and identified by the at least one set of predetermined data delivery specifications.

228. The method of claim 227, further comprising the steps of:

receiving, by the user's computer, the data identified by the user's selection; and  
checking, automatically, at least one of the predetermined data delivery specifications with an automatic data reception and verification program each time data is delivered.

229. The method of claim 227, wherein step (d) is defined further as outputting, automatically and repeatedly, the data identified by the user's selection via a communication protocol specified by the user and identified by the at least one set of predetermined data delivery specifications.

